

AMENDMENTS TO THE CLAIMS

1-13. (Cancelled)

14. (Currently Amended) A method for enhancing body taste of foods, comprising heat-cooking the foods with fat and oil ~~for oil cooking and flavoring~~ prepared by adding or mixing an n-3 long-chain highly unsaturated fatty acid having 20 or more carbon atoms and 3 or more double bonds, or an n-6 long-chain highly unsaturated fatty acids having 18 or more carbon atoms and 3 or more the double bonds with vegetable fat and oil, wherein the fat and oil comprises 10 – 100,000 ppm n-3 long-chain highly unsaturated fatty acid or 10-100,000 ppm n-6 long-chain fatty acid.

15. (Previously Presented) The method according to claim 14, wherein the heat-cooking is selected from deep-frying, frying or stir-fry.